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Food Frequency Questionnaire (FFQ)**

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| <b>Availability:</b>                    | <b>Please visit this website for more information about the instrument:</b><br><a href="http://appliedresearch.cancer.gov/dhq2/">http://appliedresearch.cancer.gov/dhq2/</a>  |
| <b>Classification:</b>                  | Supplemental  |
| <b>Short Description of Instrument:</b> | The Food Frequency Questionnaire (FFQ) is the most commonly used dietary assessment instrument for large epidemiological studies because it collects “usual” diet information at a low cost to researchers, and imposes a low burden to survey participants. The FFQ consists of a list of foods with little descriptive detail, and the respondent answers questions about the frequency of each food on the list. A FFQ food composition database links each food in the list to its associated food component values.  |
| <b>References:</b>                      | <p>W.C. Willett, Nutritional Epidemiology, Oxford University Press</p> <p>Validation of a semi-quantitative food frequency questionnaire: comparison with a 1-year diet record. Willett WC, Reynolds RD, Cottrell-Hoehner S, Sampson L, Browne ML. J Am Diet Assoc. 1987 Jan; 87(1):43-7.</p> <p>Validation of a dietary questionnaire with plasma carotenoid and alpha-tocopherol levels. Willett WC, Stampfer MJ, Underwood BA, Speizer FE, Rosner B, Hennekens CH. Am J Clin Nutr. 1983 Oct;38(4):631-9.</p> <p>Food-based validation of a dietary questionnaire: the effects of week-to-week variation in food consumption. Salvini S, Hunter DJ, Sampson L, Stampfer MJ, Colditz GA, Rosner B, Willett WC. Int J Epidemiol. 1989 Dec;18(4):858-67.</p> <p>Validation of a dietary questionnaire with plasma carotenoid and alpha-tocopherol levels. Willett WC, Stampfer MJ, Underwood BA, Speizer FE, Rosner B, Hennekens CH. Am J Clin Nutr. 1983 Oct;38(4):631-9.</p> |